

ART

ART WORKSHOP – REVITALIZING HOPELESS PAINTINGS

(3hr) Bring in that painting that you are about ready to throw away, and learn the many options available to re-create drama, light and life with fabulous results! You'll want to put that painting in a mat and frame and proudly display it!

Instructor: Taylor

85903 5:30 pm W VLSC \$18(R)/\$27(N) workshop on 6/29

CERAMICS

(3hr) Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. All levels welcome. Supplies to bring to class: 25lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. \$15 nonrefundable cash glaze material fee due to instructor on the first day of class.

Instructor: Peterson

85960	3:00 pm	W	GRSC	\$80(R)/\$120(N)	5 wk starts 6/1
HOME A	CCENTS				
85962	9:30 am	Sa	GRSC	\$80(R)/\$120(N)	5 wk starts 6/4

DIGITAL PHOTOGRAPHY

(2hr) Ascertain the various elements of design. Discover how to really 'see' your subject matter before clicking the button. Topics will include composition, lighting, action, portraiture, landscapes, architecture, and still-life photography. Intermediate level class assumes student has some working knowledge of camera's manual settings. All camera types okay. Delve into a more artistic exploration of photography, with different, interesting projects and critiques each week. This class is repeatable.

BEGINNING- Instructor: Prezkop

85981	6:00 pm	Tu	VLSC	\$85(R)/\$128(N)	13 wk starts 5/31

INTERMEDIATE- Instructor: Brye

85982 6:00 pm Th HRZN \$99(R)/\$149(N) 14 wk starts 6/2

DRAW/PAINT

BEGINNING - Beginning level classes in drawing and all media of painting-oils, acrylics and watercolor. Emphasis is on individual attention and projects. \$1 nonrefundable cash supply fee is due to instructor on first day of class for classes held at ELSO.

Instructor: Chestney (3hr)

85988	9:00 am	M	ELS0	\$142(R)/\$213(N)	13 wk starts 6/6
85990	6:30 pm	M	ELS0	\$142(R)/\$213(N)	13 wk starts 6/6
85991	9:30 am	W	ELS0	\$142(R)/\$213(N)	13 wk starts 6/8
85992	1:00 pm	W	ELS0	\$142(R)/\$213(N)	13 wk starts 6/8
85998	9:30 am	Th	ELS0	\$142(R)/\$213(N)	13 wk starts 6/9
85993	1:00 pm	F	ELS0	\$142(R)/\$213(N)	13 wk starts 6/10

Instructor: Consalvo (3hr)

87895	9:00 am	Th	VLSC	\$90(R)/\$135(N)	10 wk starts 6/2
(2hr)					·

88467 1:00 pm M VLSC \$62(R)/\$93(N) 10 wk starts 6/6

INTERMEDIATE - (3hr) Must have previously completed one of the beginning Draw/Paint classes. \$1 nonrefundable cash supply fee is due to instructor on first day of class. Instructor: Chestney

85999 1:00 pm Th ELSO \$142(R)/\$213(N) 13 wk starts 6/9 86000 6:30 pm Tu ELSO \$142(R)/\$213(N) 13 wk starts 6/7

DRAWING I

(3hr) Focus on the basic fundamentals of drawing. This course covers various techniques and media. Emphasis is on composition, proportion, perspective and rendering techniques in pencil and charcoal media. Students learn to see as the artist sees-a unique visual capability. **Instructor: Consalvo**

86004 1:00 pm Tu VLSC \$90(R)/\$135(N) 10 wk starts 5/31 88465 9:00 am F GRSC \$90(R)/\$135(N) 10 wk starts 6/3

DRAWING PORTRAITS

(3hr) This is a class that explores the human head as an art object. The student will practice drawing the head in various attitudes as well as study and draw the basic structure of the head, neck and shoulders. The majority of the work will be done from live models. Photos provided by the instructor will be used to study feature alignments. The prerequisite for this class is a basic drawing class. Model fee (non-refundable) included in price of class. **Instructor: Lundquist**

86006 1:30 pm W VLSC \$180(R)/\$248(N) 8 wk starts 6/1

JEWELRY BEADING

(3hr) Learn the basics construction of jewelry in easy step-by-step methods while completing 10 different projects. It is both exciting as well as rewarding. You can choose your own colors, beads or crystals to fit your personality for each assigned project. You do not have to be artistic in order to take this class because the instructor will guide you in your choices if needed. **Instructor: Taylor**

JEWELRY I

88468	1:00 pm	Tu	GRSC	\$101(R)/\$152(N)	10 wk starts 5/31
86064	1:30 pm	W	VLSC	\$101(R)/\$152(N)	10 wk starts 6/1

JEWELRY II - You will need to have taken the beginning basic class or have a good background in all of the basics of jewelry making.

86065 9:30 am Sa VLSC \$101(R)/\$152(N) 10 wk starts 6/4

JEWELRY MAKING

(3hr) This class is designed as an introduction to jewelry making as well as a class for those with experience. We will learn the basics of sawing, soldering, roller printing, casting and finishing technique and design. There will be demonstrations as well as individual attention given for projects. Some supplies required \$100-\$125 depending on projects that are selected.

Instructor: Berger-Taylor

86066 10:00 am Sa \$123(R) /\$185(N) 14 wk starts 6/4 ELDO

LIFE DRAWING

(3hr) Recommended for students with a minimum of Drawing I experience. This course is designed to give the student a fundamental understanding of the principals of figure drawing. Additional student fee due at 1st class for model fee. Model fee (non-refundable) included in price of class.

Instructor: Lundquist

86074 9:00 gm W VLSC \$180(R) /\$248(N) 8 wk starts 6/1

OIL AND ACRYLIC PAINTING

(3hr) New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

BEGINNING

Instructor: Consalvo

86098	1:00 pm	F	VLSC	\$90(R)/\$135(N)	10 wk starts 6/3
Instruct	or: Fried				
86100	1:00 pm	Th	VLSC	\$60(R)/\$90(N)	8 wk starts 6/2
Instruct	or: Taylor				
88464	9:00 am	W	GRSC	\$90(R)/\$135(N)	10 wk starts 6/1
86099	9:00 am	M	VLSC	\$90(R)/\$135(N)	10 wk starts 6/6
86353	9:00 am	F	ELS0	\$90(R)/\$135(N)	10 wk starts $6/3$

INTERMEDIATE - For students with experience in Oil painting. This class will focus on the joy and challenge of the painting process. The emphasis will be on drawing perspective, color and attitude.

Instructor: Consalvo

86110 9:00 am Sa VLSC \$90(R)/\$135(N) 10 wk starts 6/4

POTTERY

(3hr) Instructor: Murphy. \$14.00 (exact change in cash) additional nonrefundable material fee due to instructor on the 1st day of class.

BEGINNING - Introduction to basic pottery techniques, including coil, pinch, slab, wheel, and glazing. Bring basic pottery tools (cutting wire, brushes, sponge, pin tool) and 25 lbs Cone 5 clay to first class.

86151 9:00 am Th \$176(R) \(\\$267(N) \) 12 wk starts 6\(\)16 ELD0 **OPEN STUDIO** - Facility for working on your clay projects independently. Equipment available for use includes wheels, slab roller, extruder, and electric kiln firing to Cone 5. NO INSTRUCTION.

86153	9:00 am	Tu	ELDO	\$186(R)/\$279(N) 12 wk starts 6/14
86154	12:30 pm	Tu	ELDO	\$186(R)/\$279(N) 12 wk starts 6/14
86155	12:30 pm	Th	ELDO	\$186(R) /\$279(N) 12 wk starts 6/16



WATERCOLOR

(3hr) Get ready to have fun while painting in Watercolor. Learn various techniques including; color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

BEGINNING - Learn the basic principles of watercolor including drawing and brush techniques.

Instructor: Levine

	,	-	VLSC	\$81(R)/\$122(N)	10 wk starts 6/3
Instruct	or: Taylor				
87901	9:00 am	Tu	ELS0	\$90(R)/\$135(N)	10 wk starts 5/31
88113	1:00 pm	M	GRSC	\$90(R)/\$135(N)	10 wk starts 6/6

INTERMEDIATE - This class is designed for intermediate and advanced levels students for using watercolor to its fullest with multiple techniques.

Instructor: Taylor

88114 1:00 pm Sa VLSC \$90(R)/\$135(N) 10 wk starts 6/4

WATERCOLOR ART CAMP

(3hr) A fun-filled four week watercolor intensive for splashing, spattering and puddling and letting go! We'll explore techniques from abstract composition to awesome detailed effects. Demonstrations in color mixing, textures, light and shadow, and much, much more! Instructor: Artac

86330	1:00 pm	Th	GRSC	\$65(R)/\$98(N)	4 wk starts 6/9
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BUSINESS

NEW AZ RESIDENTS- TAX AND TRUST LAWS

(1.5hr) If you are a new Arizona resident or have not updated your estate plan since you became an Arizona resident, you need to attend this class to learn the impact of many unique Arizona tax matters and local laws which impact you and your family. Understand the concept of community property, living wills, power of attorney, local estate taxes, and community property with right of survivorship and Arizona income tax laws. Learn the impact on your existing estate plan if you make no changes because of Arizona's unique property laws.

Instructor: Bredemann

86097 6:15 pm W MUST \$11(R)/\$17(N) 2 wk starts 8/3

TRUSTS, WILLS AND ESTATE TAXES

(1.5hr) Unravel the mystery surrounding trusts, wills and other estate planning instruments. Find out why estate taxes are voluntary. Learn how to hold title to assets and use community property to save thousands of dollars in income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about the common mistakes to avoid. Free Living Will Form will be provided. **Instructor: Bredemann**

86249 6:30 pm Tu HRZN \$11(R)/\$17(N) 2 wk starts 8/2

COMMUNICATION / LANGUAGE

CHINESE- MANDARIN FOR BEGINNERS

(1.5hr) Are you interested in Chinese but overwhelmed by the Chinese character system? The new approach to learning Chinese focuses on Pinyin — the Romanization system that allows learners to focus on speaking and reading Chinese first. You will be surprised at how fast we can communicate using Pinyin. Unlike languages such as Spanish and French which require verb conjugation, Chinese is delightfully simply and easy to learn. This course will guide you through the Pinyin system in stress-free ways. You can expect to develop basic communicative abilities in Mandarin Chinese. You will understand the language and culture of the Chinese to begin a deeper engagement with a country that is becoming extremely important in our lives. **Instructor: Brashears**

88392 4:30 pm Th GRSC \$92(R)/\$138(N) 8 wk starts 6/9

FRENCH - INTERMEDIATE

(2.5hr) Conversation and reading practices with easy pronunciation exercises. Sentence structure in the past, present and future tenses. Introduction of the reflexive verbs and command forms. Introduction to French Literature. Text book to be purchased: French Made Simple. by Haze. 2006 edition. \$13.

Instructor: Gabor

86334 3:00 pm M VLSC \$76(R)/\$114(N) 10 wk starts 6/6





GERMAN-LEVEL I

(2hr) 'Guten Tag! Wie geht's?' 'Danke, gut. Und Ihnen?' If you understand this dialog, then this is your class. This class is not for the beginner, but someone who has taken 'German - The Basics,' or has had German in a formal or an informal setting. We will continue to deepen our understanding of the language, expanding vocabulary and conversation. Less emphasis is based on grammar. Interaction and active participation are the keystones of this class. **Instructor: Eggink**

86333 9:00 am M VLSC \$65(R)/\$98(N) 6 wk starts 6/6

SPANISH

LEVEL 1 - (2hr) Designed for those who have never studied Spanish or for those who need a refresher starting at the entry level. Emphasis is placed on learning basic vocabulary and present tense conjugation. This class we will be covering Guide to Pronunciation, The Alphabet, Greetings and Salutations and Part I 'Elements of a Sentence' in textbook 'Easy Spanish Step-by Step'. An ADDITIONAL fee for course text is required information provided on your confirmation receipt.

Instructor: Andarcia

86190 5:00 pm Th VLSC \$123(R)/\$185(N) 12 wk starts 6/2 **LEVEL II -** (2hr) Designed for those who have completed Spanish Level One or equivalent. This is an interactive course where students use skills learned in Level One and apply them to conversational exercises. Emphasis on vocabulary terms and verb tenses including the two most used tenses in the past: preterit and imperfect, present subjunctive, etc. This class we will be covering Part II 'Objects, Reflexive Verbs and the Present Subjunctive' and Part III 'Preterit Tense, Imperfect Tense, and Double Object Pronouns' in textbook 'Easy Spanish Step-by Step'. Students will be more independent while producing mini-dialogues and conversations. An ADDITIONAL fee for course text is required please see information on vour confirmation receipt. **Instructor: Andarcia**

87924 7:00 pm Th VLSC \$123(R)/\$185(N) 12 wk starts 6/2 CONVERSATIONAL LEVEL II - (1.5hr) Spanish II is a conversational Spanish class structured for beginners who have had some experience with the present tense in Spanish. The past tenses will be introduced slowly, with the emphasis on developing oral communication skills using both the present and past verb tenses. If you have had an introductory Spanish class, or studied Spanish years ago, or just feel confident about starting with present and past verb forms, this course will provide a stress-free environment to learn skills that can be immediately put to use. Instructor: Brashears

87925 6:30 pm Th GRSC \$92(R)/\$138(N) 8 wk starts 6/9

COMPUTERS

BEGINNING COMPUTERS

(1.5hr) This class is for people with little to no computer experience. Word processing, e-mail accounts, search engines, and more will be discussed. Please bring a 3-ring binder, pen or pencil, & paper to the first class meeting.

Instructor: Holman

85925 3:00pm Tu GRSC \$38(R)/\$57(N) 4 wk starts 5/31

INTRODUCTION TO THE INTERNET

(1.5hr) Use a web browser, along with its tools, to navigate the internet. Use search engines to help you research various topics, find travel/airline sites, and find the best shopping deals. Create an e-mail account and send, reply to, and forward messages. Prerequisite is Beginning Computers Course or comparable experience. Instructor: Holman

86061 1:00 pm Tu \$38(R)/\$57(N) 4 wk starts 6/28 GRSC

SOCIAL NETWORKING - FACEBOOK

(1.5hr) Facebook is noted among the most popular social networking sites on the Internet. It has millions of users across the world. You can have a great time staying connected to your near and dear ones through this site. The site helps you to connect with friends, associates and activity partners and build more contacts. Facebook also has a number of features like posting photos, creating a profile and posting messages, poking friends and playing online games. The Facebook marketplace is also a popular way to promote your products or services. Prerequisite is Beginning Computers Course or comparable experience.

Instructor: Holman

88395 3:00 pm Tu GRSC \$38(R)/\$57(N) 2 wk starts 7/12



Classes that promote a healthy lifestyle

DANCE 🅸

BALLET

(50min) Instructor: Lawton

BEGINNING TEEN AND ADULT - This class is designed for the beginning student or those with less than 2 years of Ballet class training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

88115 5:05 pm M HRZN \$41(R)/\$62(N) 10 wk starts 6/6

BEGINNING ADULT - This casual and fun beginning class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations. 85915 10:30 am Th MMRA \$41(R)/\$62(N) 10 wk starts 6/2

INTERMEDIATE TEEN AND ADULT - Enjoy ballet in this fun atmosphere. Review your past training at the barre, center floor and dance combinations across the floor. Weekly combinations taught for the workout and ballerina in us all. Previous Ballet training recommended to fully enjoy this class.

88116 6:05 pm M HRZN \$41(R)/\$62(N) 10 wk starts 6/6



BALLROOM

(1hr) Instructor: Kuhn

BALLROOM DANCE BEGINNING - An introduction to night club dancing for newcomers. Learn the dances you need to feel comfortable in any social situation. Dances may include: Foxtrot, Waltz, Cha- Cha, Tango, Rumba, Swing and much more. No partner needed.

88196 6:00 pm Tu VLSC \$28(R)/\$42(N) 5 wk starts 5/31

BALLROOM DANCE INTERMEDIATE - A fun continuation of ballroom and social dances for the student who has had at least two to three sessions of Beginning Level Ballroom dance and who have learned three to four patterns in each dance, including Fox Trot, Waltz, Rumba, Swing. Other dances will be covered. 88197 6:00 pm Tu VLSC \$28(R)/\$42(N) 5 wk star

5 wk starts 7/5

BALLROOM BLAST- A more intensive social dance class focusing on dances not usually taught in the Beginner or Intermediate Ballroom Dance classes. The sassy Salsa and Samba, the sultry Tango and even the Polka. High-energy, great workout dances taught in a fun, easy style. Men encouraged to enroll, open to beginning and intermediate level dancers. No partner required due to exchanging partners in class.

88195 6:30 pm M \$28(R)/\$42(N) 5 wk starts 6/6 VLSC

LOOKING FOR SOMETHING TO DO ON SUNDAYS THIS SUMMER?

Be sure to turn to page 47 for more information on FREE concerts in the park!

BELLY DANCING CARDIO WORKOUT

(1hr) Dance your way to fitness by learning the ancient art of belly dance with a modern twist. A fun and challenging dance workout open to all levels. Sculpt and tone your body with this fun and challenging dance workout! Included will be exercises to strengthen and firm. All levels welcome. **Instructor: Haag**

85931	5:45 pm	M	MMRA	\$64(R)/\$96(N)	12 wk starts 6/6
85929	9:30 am	M	MMRA	\$64(R)/\$96(N)	12 wk starts 6/6
85927	7:00 pm	Tu	MMRA	\$64(R)/\$96(N)	12 wk starts 6/7
85930	9:00 am	W	MMRA	\$64(R)/\$96(N)	12 wk starts 6/8

BELLY DANCING WITH FINGER CYMBALS - These newly added classes integrate the use of finger cymbals while learning the ancient art of belly dance. A fun and challenging dance workout that is open to all levels.

85926 7:00 pm M MMRA \$64(R)/\$96(N) 12 wk starts 6/6 85932 9:30 am Tu MMRA \$64(R)/\$96(N) 12 wk starts 6/14

BELLY DANCING WITH VEILS - Dance your way to fitness by learning the ancient art of belly dance integrating the use of veils. A fun and challenging dance workout that is open to all levels.

85928 7:00 pm W HRZN \$64(R)/\$96(N) 12 wk starts 6/8

BROADWAY JAZZ

(50min) Instructor: Lawton

BEGINNING/INTERMEDIATE TEEN AND ADULT - It's showtime! Floor, barre exercises, turns, with jazz combinations across the floor will keep you moving. Dance routines taught and reviewed.

88131 7:05 pm M HRZN \$41(R)/\$62(N) 10 wk starts 6/6 **BEGINNING ADULT -** It's showtime! Exercise, learn jazz techniques and dance combinations to Broadway Show Tunes. This musical theatre dance class will teach dances and staged choreography for those wanting to become 'Broadway Babies'. All levels welcome.

85955 11:00 am Tu GRSC \$41(R)/\$62(N) 10 wk starts 5/31 85956 9:30 am Th MMRA \$41(R)/\$62(N) 10 wk starts 6/2

COUNTRY WESTERN DANCE - AZ TWO STEP

(1hr) Come and learn the Arizona Two Step! It's easy, it's fun, and a great excuse to dust off those boots! You will learn basic patterns, turns, and styling to help you look great at all the country western saloons and dance halls and have fun in the process! A partner is required for this class and each person must register. Come join us! **Instructor: Hubbard**

88824 7:30 pm W GRSC \$34(R)/\$51(N) 6 wk starts 7/27

LINE DANCE

(1hr) Come dance with us! Enjoy dancing to a variety of music including Big Band; 50s and 60s; country; show tunes and much more. Join us for fun and exercise for the mind and the body. No dance experience is necessary for Level I. Some dance experience will help for Level II. No partner needed!

Instructor: Schwarz

LEVEL I- No experience necessary.

86076 9:00 am Tu VLSC \$41(R)/\$62(N) 10 wk starts 5/31

LEVEL II - Some dance experience helpful.

86356 9:00 am W VLSC \$41(R)/\$62(N) 10 wk starts 6/1



POLYNESIAN DANCE

(50min) Learn the steps and the movement of the hands and hips. Hula, Tahitian and Maori steps will be included. This terrific class is a great way to have fun and exercise at the same time. **Instructor: Lawton**

BEGINNING TEEN & ADULT

86139 11:30 am Th MMRA \$41(R)/\$62(N) 10 wk starts 6/2 88117 4:05 pm M HRZN \$41(R)/\$62(N) 10 wk starts 6/6

BEGINNING ADULT

86140 12:00 pm Tu GRSC \$41(R)/\$62(N) 10 wk starts 5/31

INTERMEDIATE TEEN & ADULT

88118 7:00 pm Th RIMO \$41(R)/\$62(N) 10 wk starts 6/2

SALSA

(1hr) Muy caliente! Learn to dance salsa-the hot, sultry Latin dance that is known across the world! You've seen it on TV, now it's your turn. No experience necessary. Salsa is a partner dance but no partner is required because we will rotate during the class. Also included is a brief introduction to meringue and bachata. Please wear dance shoes or shoes with a heel strap. See you on the dance floor!

Instructor: Peltcs

86161 6:30 pm M CACT \$65(R)/\$98(N) 14 wk starts 6/6

SENIOR TAP

(1hr) Improve your memory, have fun and learn the basics of different dance routines. **Instructor: Campi**

BEGINNING

86173 4:00 pm Th GRSC \$40(R)/\$60(N) 9 wk starts 6/2 **INTERMEDIATE** - Designed for intermediate level students or those who have taken a beginning course.

86174 5:00 pm Th GRSC \$40(R)/\$60(N) 9 wk starts 6/2

SWING DANCE - EAST COAST SWING

(1hr) East Coast Swing is the dance you can use on any dance floor at any occasion! This is one of the most exciting and versatile dances around. In this class you will learn how to take the simple swing steps and turn them into exhilarating moves that will turn heads on every dance floor! Whether the dance music is from Lady Ga Ga, or Frank Sinatra, East Coast Swing is the way to go for partner dancing! East Coast Swing is a partner dance, but no partner is required because we will rotate during the class. Instructor: Hubbard

88135 7:30 pm W GRSC \$34(R)/\$51(N) 6 wk starts 6/1

TAP - HOLLYWOOD TAP DANCING TEEN & ADULT

(50min) Beginning basics for those that have never tapped and highly challenged to those with previous training. Choreography for dances will be set to your individual tapping skills from beginning to Intermediate. This NEW class will have everyone tapping to the music of the 30's and 40's, when TAP dancers ruled the Silver Screen. Instructor: Lawton

86230 6:00 pm Th \$41(R)/\$62(N) 10 wk starts 6/2RIMO



Classes that promote a healthy lifestyle



Classes that have a senior focus



AEROBICS O

(1hr) This class will provide warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided and each student is encouraged to work at their own level. Hand weights must be provided by students.

Instructor: Alfraid

85896	9:15 am	F	GRSC	\$18(R)/\$27(N)	4 wk starts 6/3
85894	7:45 am	Sa	VLSC	\$21(R)/\$32(N)	4 wk starts 6/4
88385	9:15 am	F	GRSC	\$18(R)/\$27(N)	4 wk starts 8/5
85898	7:45 am	Sa	VLSC	\$21(R)/\$32(N)	4 wk starts 8/6
Instruct	or: Rober	tson		·	
85895	7:45 am	W, M	VLSC	\$62(R)/\$93(N)	10 wk starts 6/1
85900	7:45 am	F	VLSC	\$35(R)/\$53(N)	10 wk starts 6/3

B. L. T. BUTT, LEGS AND TUMMY

(1hr) B.L.T. is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball. Instructor: Romero

85905	6:00 pm	Th	CACT	\$65(R)/\$98(N)	14 wk starts 6/2
85906	9:00 am	W	CACT	\$65(R)/\$98(N)	14 wk starts 6/1



BODY TONING

(1hr) Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into everyday life. Please note that you will need to bring personal weights to use in class.

LEVEL I - Instructor: Bernstein

85939 7:45 am Th VLSC \$38(R)/5	\$57(N) 10 wk starts 6/2
•	\$57(N) 10 wk starts 5/31

88399 10:00 am Tu \$41(R)/\$62(N) 10 wk starts 5/31

BOOT CAMP IN THE PARK

(1hr) Get ready for the ultimate total body work out! This intense outdoor workout designed to push you outside your comfort zone. Challenge yourself to work hard and get fit in the perfect outdoor setting. This class will incorporate cardiovascular training, strength and muscle toning and conditioning, plyometric and more!

Instructor: Haves

		-								
85942	8:00am	Sa	CACT	\$49(R)/\$74(N)	14 wk starts 6/4					
Instructor: Teisch										
85941	6:00am	M, W, F	MTNV	\$48(R)/\$72(N)	4 wk starts 6/6					
87899	6:00am	M, W, F	MTNV	\$48(R)/\$72(N)	4 wk starts 8/1					

FIT & FABULOUS

(1hr) This low impact cardio class will give you a Jump start to your day! We'll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch. Instructor: Romero

86011	8:00 am	M	CACT	\$65(R)/\$98(N)	14 wk starts 6/6
86012	8:00 am	Th	CACT	\$65(R)/\$98(N)	14 wk starts $6/2$



Classes that promote a healthy lifestyle



Classes that have a senior focus

LOW IMPACT STEP AEROBICS

(1hr) This class offers an alternate aerobic workout by using a series of basic step combinations with the step platforms to add a variety to the cardiovascular workout. Muscle conditioning and a relaxing stretch are included in this hour.

Instructor: Romero

86084 9:00 am M CACT \$65(R)/\$98(N) 14 wk starts 6/6

MAX TONE AND FITNESS

(1hr) This is a non-stop workout class for the person looking for a 'killer' toning class. Sign up today and TONE up! Instructor: Alfraid

86089	5:45 pm	W	CACT	\$21(R)/\$32(N)	4 wk starts 6/1
88357	5:45 pm	W	CACT	\$21(R)/\$32(N)	4 wk starts 8/3

PERSONAL FITNESS 😂



(1hr) Our comedic Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises. Instructor: Bockal

86116 10:30 am M. F \$80(R)/\$120(N) 10 wk starts 6/6

SENIOR STRENGTH TRAINING



(1hr) Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You're never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens. This class will utilize basic exercises on machines and with free weights.

Instructor: Kopp

	86169	11:00 am Tu, Th	VLSC	\$99(R)/\$149(N)	10 wk starts $5/31$					
	86165	2:30 pm Tu, Th	GRSC	\$99(R)/\$149(N)	10 wk starts 5/31					
	86168	11:00 am W, M	VLSC	\$99(R)/\$149(N)	10 wk starts 6/1					
Instructor: Bockal										
	86167	2:30 nm M. W	GRSC	\$80(R)/\$120(N)	10 wk starts 6/6					

DO YOU 'LIKE' US?

City of Scottsdale Parks and Recreation is on Facebook! Connect with upcoming events, link to job opportunities and catch up with what's happening — while you network with all your Facebook and friends!

http://www.facebook.com/login.php

1. Set up an account, or log in

2. Search for Scottsdale Parks and Recreation





STEP & STRENGTHEN

(1hr) This is a class designed for fun and fitness for all ages. This aerobic step class is working with the basics at first for those new to step interspersed with strength work for the legs, upper body and core. Instructor: Alfraid

86201	9:15 am	Sa	HRZN	\$21(R)/\$32(N)	4 wk starts 6/4
88387	9:15 am	Sa	HRZN	\$21(R)/\$32(N)	4 wk starts 8/6

STEP AEROBICS

(1hr) This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training. Instructor: Martin

86202	6:00 pm	Tu	HRZN	\$57(R)/\$86(N)	14 wk starts 5/31
86378	6:00 pm	Th	HRZN	\$57(R)/\$86(N)	14 wk starts 6/2

(1hr) This aerobics class combines the basics step class interspersed with strenath and core work. Instructor: Romero

00ZU3 7:UU UIII III CACI 303(K)/370(N) 14 WK SIUIIS 0/	86203	9:00 am	Th	CACT	\$65(R)/\$98(N)	14 wk starts 6/
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TOTAL BODY BOOT CAMP

(1hr) This ultimate body work out is designed to push you outside your comfort zone. Tone muscles, sculpt your body into a new you. Workouts will consist of interval-based fitness including cardiovascular training, muscle conditioning, and plyometric training. Instructor: Teisch

86242	5:30 pm	Tu	ELDO	\$55(R)/\$83(N)	14 wk starts 5/31
86243	5:30 pm	Th	MMRA	\$55(R)/\$83(N)	14 wk starts 6/2

TOTALLY TONING

(1hr) This class that uses weights, bands, body bars and gravity to strengthen and tone all major muscle groups. Instructor: Romero

86244	9:00 am	Tu	CACT	\$65(R)/\$98(N)	14 wk starts 5/31

ULTIMATE CIRCUIT TRAINING

(1hr) Discover how easy it is to exercise when you can alternate between serious weight training and energetic cardio-step. This fun-to-follow circuit format helps you slim down, firm up and get limber faster than you could ever imagine.

Instructor: Romero

86254 6:00 pm Tu \$65(R)/\$98(N) 14 wk starts 5/31

ULTIMATE PROGRAM DESIGN

(1hr) This class will emphasize functional multi-planar, multi-joint exercise for the entire body. Using rubber resistance bands, body bars, hand weights and the stability ball you will push-pull-core, superset and giant-set you upper and lower body and core. Instructor: Romero

86255 7:00 pm Th CACT \$65(R)/\$98(N) 14 wk starts 6/2

URBAN BURN BOOT CAMP

(1hr) You will kick, punch and sweat your way to a higher fitness level. This athletic training based fitness class is an exciting complete body workout designed for all levels of participation. It is an aerobic/fitness interval training workout, which will tone and sculpt your body. Let's go! Instructor: Bowen

86069 6:45 pm Tu MMRA \$32(R)/\$48(N) 9 wk starts 7/5

ZUMBA!

(1hr) ZUMBA is a fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

Instructor: Johnson

86300	5:45 pm	Tu	GRSC	\$79(R)/\$119(N)	7 wk starts 5/31
86301	5:45 pm	Tu	GRSC	\$69(R)/\$104(N)	6 wk starts 8/2
86302	6:15 pm	Th	GRSC	\$79(R)/\$119(N)	7 wk starts 6/2
86303	6:15 pm	Th	GRSC	\$69(R)/\$104(N)	6 wk starts 7/28

HEALTH AND RELAXATION 🌣

BODY AND MIND



(1hr) Course combines aerobics with Yoga & Pilate's. Whip your heart, mind, and body into shape while having a great time. The gerobics portion of the class focuses on a cardiovascular workout. The 2nd half consists of yoga & Pilate's, developing strength, flexibility, body awareness, proper alignment and posture.

Instructor: Alfraid

	.			
85934	9:15 am W, M	GRSC	\$36(R)/\$54(N)	4 wk starts 6/1
85933	11:00 am F	VLSC	\$21(R)/\$32(N)	4 wk starts 6/3
88358	9:15 am M, W	GRSC	\$36(R)/\$54(N)	4 wk starts 8/1
88386	11.00 am F	VISC	\$21 (R) /\$32 (N)	4 wk starts 8/5



CHAIR TAI CHI



(1hr) Participants are guided through the gentle flowing motions of total Tai Chi body movements. Emphasis is on gentle turning, bending and stretching. All exercises are performed while sitting in a chair. Especially effective for those with arthritis and balance problems. Instructor: Crouch

85964 9:00 am Tu, Th GRSC \$41(R)/\$62(N) 10 wk starts 5/31

CHAIR YOGA

(1hr) Chair Yoga students will perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

Instructor: Yancv

85968	9:00 am	Th	VLSC	\$46(R)/\$69(N)	10 wk starts 6/2
85966	9:00 am	M	VLSC	\$46(R)/\$69(N)	10 wk starts 6/6

CONDITIONING COMBO

(1hr) This class will combine the practices of yoga, pilates, and stretching. It will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

Instructor: Alfraid

85973	7:00 pm	W	CACT	\$21(R)/\$32(N)	4 wk starts 6/1
88389	10:30 am	Sa	HRZN	\$21(R)/\$32(N)	4 wk starts 6/4
88388	7:00 pm	W	CACT	\$21(R)/\$32(N)	4 wk starts 8/3
88390	10:30 am	Sa	HRZN	\$21(R)/\$32(N)	4 wk starts 8/6

MEDITATION

Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

(1hr) Instructor: Yancy

86090	12:30 pm	F	VLSC	\$58(R)/\$87(N)	10 wk starts 6/3
(30min) I	nstructor	: An	drade		
86091	6:45 pm	W	GRSC	\$28(R)/\$42(N)	10 wk starts 6/1



PILATES

(1hr) This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

Instructor Nicholas

III211 OCI	OL: MICHOL	us			
86127	4:30 pm	W	MMRA	\$84(R)/\$126(N)	14 wk starts 6/1
86128	10:00 am	W	MMRA	\$84(R)/\$126(N)	14 wk starts 6/1
Instruct	or: Martin	1			
88352	10:30 am	W	GRSC	\$26(R)/\$39(N)	4 wk starts 6/1
86129	5:55 pm	W	HRZN	\$70(R)/\$105(N)	14 wk starts 6/8
Instruct	or: Alfraid				
86133	4:30 pm	W	CACT	\$24(R)/\$36(N)	4 wk starts 6/1
88354	8:00 am	M	GRSC	\$26(R)/\$39(N)	4 wk starts 6/6
88355	8:00 am	M	GRSC	\$26(R)/\$39(N)	4 wk starts 8/1
88353	10:30 am	W	GRSC	\$26(R)/\$39(N)	4 wk starts 8/3
88356	4:30 pm	W	CACT	\$24(R)/\$36(N)	4 wk starts 8/3
Instruct	or: Romer	0			
86130	7:00 pm	Tu	CACT	\$65(R)/\$98(N)	14 wk starts 5/31
86131	10:00 am	M	CACT	\$65(R)/\$98(N)	14 wk starts 6/6
86132	4:30 pm	M	CACT	\$65(R)/\$98(N)	14 wk starts 6/6

ARE YOU INTERESTED IN MORE THERAPEUTIC EXERCISE?

Be sure to flip to page 39 for more info on 'Tone & Tai Chi' and other water exercise!

TAI CHI

Yang Style Long Form - A slow, graceful, rhythmic exercise, which promotes good health and improves balance and concentration.

Instructors: Isaacson and Navarro

R	Fſ	11	M	MI	N	G (1	hr۱
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BEGINNI	NG (Thr)				
86207	11:00 am	W	VLSC	\$37(R)/\$56(N)	10 wk starts 6/1
87922	10:00 am	W	VLSC	\$37(R)/\$56(N)	10 wk starts 6/1
BEGINNI	NG (1.5hr)				
87903	9:00 am	M	ELDO	\$41(R)/\$62(N)	10 wk starts 5/30
87904	5:30 pm	W	GRSC	\$41(R)/\$62(N)	10 wk starts 6/1
87905	8:45 am	Sa	PNCC	\$41(R)/\$62(N)	10 wk starts 6/4
86206	9:00 am	Th	GRSC	\$41(R)/\$62(N)	10 wk starts 6/2
BEGINNI	NG LEVEL	II (1hr)			
86208		F	VLSC		10 wk starts 6/3
					cy in the ending of the
first set of	f the long fo	rm Yang	style Tai	Chi.	
87916	11:00 am	W	VLSC	\$37(R)/\$56(N)	10 wk starts 6/1

ADVANCED - Advanced class requires proficiency in all three sets of the long form Yang style Tai Chi.

1		

\ · · · · · /					
87915	10:00 am	W	VLSC	\$37(R)/\$56(N)	10 wk starts 6/1
(1.5hr)					
87909	8:45 am	Sa	PNCC	\$41(R)/\$62(N)	10 wk starts 6/4
87914	9:00 am	F	VLSC	\$43(R)/\$65(N)	10 wk starts 6/3

YOGA

(1.5hr) These classes help you find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. This time is used to find ways to relax, release stress and create a better awareness of the body. All classes include breath work, relaxation and meditation.

ALL LEVELS -Instructor: Sikes

	6:30 pm		CHDB	\$109(R)/\$164(N)	13 wk starts $6/2$
Instruct	or: Andra	de			
87919	5:30 pm	M	GRSC	\$58(R)/\$87(N)	10 wk starts 6/6

BEGINNING — These classes are ideal for those with little or no yoga experience or for those who want to continue studying the basics.

Instructor: Kavatt

87910	10:30 am	M	VLSC	\$62(R)/\$93(N)	10 wk starts 6/6
Instruct	or: Hayde	n			
87911	10:30 am	Th	VLSC	\$39(R)/\$59(N)	5 wk starts 6/2
88397	10:30 am	Th	VLSC	\$39(R)/\$59(N)	5 wk starts 7/28
Instruct	or: Sikes				
86279	6:15 pm	M	MTNV	\$93(R)/\$140(N)	11 wk starts 6/6
Instruct	or: Yancy			·	·
86281	6:30 pm	W	MMRA	\$61(R)/\$92(N)	14 wk starts 6/1
INITEDAL	EDIATE A		ll		f. II.

INTERMEDIATE - A knowledge of Yoga is necessary to fully participate in these courses.

Instructor: Kayatt

	9:00 am	M	VLSC	\$62(R)/\$93(N)	10 wk starts 6/6
Instruct	or: Hayde	n			
87913	9:00 am	Th	VLSC	\$39(R)/\$59(N)	5 wk starts 6/2
88398	9:00 am	Th	VLSC	\$39(R)/\$59(N)	5 wk starts 7/28

GENTLE YOGA

This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. All levels welcome.

(1hr) Instructor: Andrade

	5:30 pm			\$41(R)/\$62(N)	10 wk starts 6/1
(1.5hr) I	nstructor:	Franc	ies		
87917	8:30 am	Th	STAD	\$73(R)/\$110(N)	8 wk starts 6/2
(1.5hr) I	nstructor:	Kaya	tt		
87906	9:00 am Ti	u, Tĥ	GRSC	\$117(R)/\$176(N)	10 wk starts 5/31
87907	8:30 am	W	GRSC	\$62(R)/\$93(N)	10 wk starts 6/1
87908	8:30 am	F	GRSC	\$62(R)/\$93(N)	10 wk starts $6/3$

ADAPTED YOGA

(1hr) Learn Yoga in an adapted, accommodating environment. This highly specialized class has been adapted for those needing individual attention in a small class. **Instructor: Yancy**

87921 11:00 am F VLSC \$58(R)/\$87(N) 10 wk starts 6/3

REGISTER EARLY!

DON'T LET YOUR FAVORITE CLASS GET CANCELLED!



Performing Arts

GUITAR

(45min) This is an introduction for those interested in learning to play the guitar. Participants will learn basic scales, chords, and strumming. We'll explore different types of music and learn to play a variety of songs. Please bring your own guitar, acoustic or electric without an amplifier. Guitars can be rented from your local music store. Six string guitars only. **Instructor: Roe**

BEGINNING

86041	7:30 pm	M	CHES	\$55(R)/\$83(N)	10 wk starts 6/6
86042	6:00 pm	Tu	CHES	\$55(R)/\$83(N)	10 wk starts 6/7

INTERMEDIATE - This class is for those who have completed the Guitar Beginning course or have knowledge of basic chords. Through learning more songs, participants will expand their repertoire of bar chords.

86043 7:00 pm Tu CHES \$55(R)/\$83(N) 10 wk starts 6/7

PIANO/KEYBOARD - TEEN/ADULT LEVEL 1

(1hr) From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge. This course is not available for fee assistance. **Instructor: Elements Music**

86118 6:30 pm W HRZN \$116(R)/\$174(N) 6 wk starts 6/1



Personal Development

BRIDGE

Sign up to learn the challenging game of bridge. This enjoyable card game will stimulate your mind. The game involves four players, paired off, and each player must read his or her partners strategy closely following what is played. Encourage your mind to stay active with this fun game! Instructors: Various

BEGINNING - Learn the fundamentals of bridge. Course includes instruction and hands on play.

(2.5hr) Instructor: Harris

86340 9:00 am M GRSC \$76(R)/\$114(N) 10 wk starts 6/6

(2hr) Instructor: Remick

86365 8:30 am Sa VLSC \$40(R)/\$60(N) 8 wk starts 6/4 INTERMEDIATE - For those familiar with the basics and now ready to get into

conventions and play of hand. (2hr) Instructor: Davis

VLSC 86339 6:00 pm M \$40(R)/\$60(N) 10 wk starts 6/6

(2.5hr) Instructor: Harris

86338 9:00 am W GRSC \$76(R)/\$114(N) 10 wk starts 6/8 ADVANCED - (2hr) Answers to questions about all phases of bridge. Extend the bidding and play of the hand and become an accomplished competitor.

Instructor: Davis

86337 10:00 gm Tu VISC \$40(R)/\$60(N) 10 wk starts 5/31

Classes that promote a healthy lifestyle

DOG OBEDIENCE

(1hr) For dogs and puppies 4 months and up. For your pets safety, dogs should be fully vaccinated. You will need a 6 foot training leash and collar, water and water dish for you and your dog and small training treats for class. Class covers all basic commands: heel, sit, down, come and stay with both correction and reward based techniques. Behavioral problems will be discussed.

Instructor: Strauss

85983	7:30 pm	W	CACT	\$43(R)/\$65(N)	6 wk starts 6/1
85984	7:30 pm	W	ELDO	\$43(R)/\$65(N)	6 wk starts 7/20

MAH JONGG

(2hr) Experience an ancient Chinese game played for generations. This game of skill and chance will improve your memory and spark new friendships.

Instructor: Stettner

BEGINNING - Fundamentals and terminology are taught during practice games. 7 wk starts 6/14 86085 1:00 pm Tu VLSC \$58(R)/\$87(N) **INTERMEDIATE** - For those who understand fundamentals, but want to improve. 87900 3:00 pm Tu VLSC \$58(R)/\$87(N) 7 wk starts 6/14

WINE EDUCATION & WINE ETIQUETTE

(1.5hr) Understand the characteristics of the six most popular wines. Learn the keys to proper wine etiquette, proper glass ware, wine storage and food and wine pairing. Find out what it takes to host your own wine tasting and gain confidence to order wine in a Restaurant. No wine will be served during class.

Instructor: Sassy Sommelier Staff

88396 6:30 pm Tu MTNV \$24(R)/\$36(N) 2 wk starts 8/2

SAFETY CLASSES

1 day workshops offered by Scottsdale Fire Department Staff

BASIC CPR AND AED - (4hr) 14yrs & up. Learn how to perform CPR and use an Automated External Defibrillator (AED). Instruction will include CPR on infants. children and adults. Class is not for healthcare providers.

85924 8:30 am Sa workshop on 7/9

CHILDCARE AND BABYSITTER SAFETY - (6.5hr) 12-17yrs. If you are wanting to provide child and infant care, this is the class for you. The program discusses the importance of responsibility, teaches you to recognize an emergency and take the correct action. You will hear about personal safety, fire and water safety and basic first aid and choking management.

86821 8:30 am Sa SFD \$40

FIRST AID - (4hr) 14yrs &up. This class will teach you how to provide basic first aid to children and adults. If you are a parent arrandparent or your job would benefit from first aid training (teacher, bus driver etc.) this class is for you. Class does not include CPR training.

86010 8:30 am Sa SFD \$40 workshop on 8/6

OUTDOOR PROGRAMS

GOLF AT TOUR ACADEMY TPC IN SCOTTSDALE



SHORT GAME - 75% of your score occurs from 100 yards and in. This course will familiarize you with the 'scoring shots.' Putting, chipping, pitching, bunker and overall wedge play will be featured with an eye towards improving your short game. All skill levels are welcomed. Clubs and practice balls are available during class time, but please bring your own clubs if you have them. These courses are not available for fee assistance. Total class cost includes Instructor Fee and Registration Fee. TPC staff will contact you prior to start date to collect the instructor fee. Instructor Fee: \$100

87995	10:10 am	Sa	TPC	\$27(R)/\$27(N)	5 wk starts 7/23
87996	9:00 am	Su	TPC	\$27(R)/\$27(N)	5 wk starts $7/24$
87997	11:20 am	Su	TPC	\$27(R)/\$27(N)	5 wk starts 7/24

FULL SWING - During this 5 week course, the TOUR Academy staff will walk you thru our building block approach to teaching the full swing. Week #1 Setup, Week #2 Impact Zone, Week #3 Pivot Week #4 7 Step Swing, Week #5 Driving. At the end, you will be hitting better shots... period. These courses are not available for fee assistance. Total class cost includes Instructor Fee and Registration Fee. TPC staff will contact you prior to start date to collect the instructor fee.

Instructor Fee: \$100

87999	9:00 am	Sa	TPC	\$27(R)/\$27(N)	5 wk starts 7/23
88000	11:20 am	Sa	TPC	\$27(R)/\$27(N)	5 wk starts $7/23$
88001	10:10 am	Su	TPC	\$27(R)/\$27(N)	5 wk starts 7/24

ON COURSE TRAINING SESSION - The new program will focus primarily on the art of taking your game from the practice tee to the first tee. Throughout the weeks you will learn the proper way to warm up for your round of golf, how to build a pre shot routine that you can count on while on the course, establish our pre shot routine as well as intelligent short game shot selection, and much more. This class not available for Fee Assistance. Total class cost includes Instructor Fee and Registration Fee. TPC staff will contact you prior to start date to collect the instructor fee. Instructor Fee: \$150

88003 4:00 pm F \$37(R)/\$37(N) 5 wk starts 7/22

SUPERVISED PRACTICE WITH HEAD INSTRUCTOR - TOUR Academy Head Instructor John Stahlschmidt will oversee 5 hours of practice time. You the student are free to work on whatever you want. These sessions can include full swing and or short game instruction. High speed video will be available for on the spot swing analysis. This class not available for Fee Assistance. Total class cost includes Instructor Fee and Registration Fee. TPC staff will contact you prior to start date to collect the instructor fee. Instructor Fee: \$150

88004 4:00 pm Th \$37(R)/\$37(N) 5 wk starts 7/21TPC



HORSEMANSHIP SKILLS - FOR AGES 7YRS & UP

(1.5hr) Mandatory safety helmet is provided for use. These courses are not available for fee assistance.

Instructor: Joni Fitts School of Horsemanship

LEVEL 1 -This exciting class is a complete and comprehensive lesson program. All JFSH instructors are certified instructors. Emphasis is on a safety first approach to learning practical ground work (grooming and saddling) as well as the basic control in either English or Western riding.

86374 5:30 pm Sa, Su PPEC \$222(R)/\$333(N) 2 wk starts 6/4 86375 5:30 pm M, F PPEC \$222(R)/\$333(N) 2 wk starts 7/11 **LEVEL II** - Horsemanship Skills I is a prerequisite to this course. Class will emphasize Western or English style riding.

86376 5:30 pm Sa. Su \$222(R)/\$333(N) 2 wk starts 6/18 **PPEC** 5:30 pm M, F \$222(R)/\$333(N) 2 wk starts 7/25 86377 **PPEC**

DON'T WAIT TO REGISTER!

CLASSES WILL BE CANCELED A WEEK PRIOR TO START IF MINIMUM **ENROLLMENT IS NOT MET.**





Classes that promote a healthy lifestyle



Parent and child class requires adult participation

Tot Classes

1-2-3 GROW WITH ME!



(45min) 24-42months and Parent/Caregiver. Singing, dancing and action-packed activities that help tots create spatial awareness, rhythm and social development as they interact and have fun with their peers.

Instructor: Fit N' Fun Kids Staff

88362 10:00 am Tu MMRA \$48(R)/\$72(N) 6 wk starts 5/31

DANCE COMBO

(45min) 36mo - 5yrs. Kidtastics Dance is designed to offer children the opportunity to learn ballet, tap, and creative movement. Kidtastics Dance introduces students to the joy of dance as a recreational activity through studio quality classes. We are committed to making every class fun and fulfilling. Kidtastics Dance will teach your children coordination, grace, self-confidence, and discipline of the mind and body. Instructor: Kidtastics Staff

88369 10:00 am F CACT \$45(R)/\$68(N) 6 wk starts 6/388370 10:00 am F HRZN \$45(R)/\$68(N) 6 wk starts 7/29

DANCE CRAZE

(45min) 3-5yrs. A fun mix of fun dance inspired games. The class promotes creative movement and expression through dance. Perfect for all levels. Dance games include freeze dance, dance off, around the world, hi-low and show off. Not available for fee assistance. Instructor: NRG Dance

85980 3:45 pm Tu CACT \$46(R)/\$69(N) 6 wk starts 7/26 MMRA \$46(R)/\$69(N) 87926 5:45 pm Th 6 wk starts 7/28

DAZZLING DANCE COMBO

(45min) It's your time to dazzle! Have fun and learn a variety of dance moves in this class. This combination class will include floor work, fun creative movement and short routines. Instructor: McCune

3-4YR OLDS

	10:00 am 4:15 pm	W W	CHEY MMRA	\$23(R)/\$35(N) \$23(R)/\$35(N)	6 wk starts 6/1 6 wk starts 7/13
5-7YR C	LDS				
88379	11:00 am	W	CHEY	\$23(R)/\$35(N)	6 wk starts 6/1
88380	5:15 pm	W	MMRA	\$23(R)/\$35(N)	6 wk starts $7/13$

GYM - MANIA! 🏖 🙀

(45min) 16-24months and Parent/Caregiver. Explore age appropriate warm ups, tumbling skills, creative movement, props, parachute, bubbles and songs. Weekly themes and circle time enhance motor skills and ability to interact with peers and follow direction. Instructor: Fit N' Fun Kids Staff

88360	9:00 am	Tu	MMRA	\$48(R)/\$72(N)	6 wk starts 5/31
88361	9:00 am	Tu	MMRA	\$48(R)/\$72(N)	6 wk starts 7/26



ITTY BITTY BASKETBALL



Instructor: Itty Bitty Sports Staff

88795 2:00 pm W STAD \$59(R)/\$89(N) 8 wk starts 6/15

ITTY BITTY FOOTBALL 🍣

(45min) 3-6yrs. Develop well rounded athletes who encompass values in basic Football fundamentals, teamwork/cooperation, listening skills, and build self esteem in a non-competitive and enriching environment. These sports values are critical for any athlete on and off the field. Always remembering that FUN is our goal!

Instructor: Itty Bitty Sports Staff

88796 3:00 pm W STAD \$59(R)/\$89(N) 8 wk starts 6/15

ITTY BITTY LACROSSE 🍣

(45min) Develop well rounded athletes who encompass values in basic Basketball fundamentals, teamwork/cooperation, listening skills, and build self esteem in a non-competitive and enriching environment. These sports values are critical for any athlete on and off the field. Always remembering that FUN is our goal!

Instructor: Itty Bitty Sports Staff 2-4 YR OLDS

88804 88806	8:30 am 8:30 am	Sa Sa		\$59(R)/\$89(N) \$59(R)/\$89(N)	8 wk starts 6/4 8 wk starts 7/30			
4-6 YR OLDS								
88805	9:15 am	Sa	MMRA	\$59(R)/\$89(N)	8 wk starts 6/4			
88807	9:15 am	Sa	MMRA	\$59(R)/\$89(N)	8 wk starts 7/30			



LITTLE STARS

(45min) 3-6yrs. This class combines music, movement, play acting and theatre games. A perfect intro to theatre with a bit of fun thrown in!

LITTLE STARS I

86080 10:30 am Tu CACT \$42(R)/\$63(N) 6 wk starts 6/7 **LITTLE STARS II** — This continuation class incorporates more movement and dances as well as building on theater techniques learned in Little Stars I.

86083 10:30 am F CACT \$42(R)/\$63(N) 6 wk starts 7/22

MAGICAL BALLET

(45min) Ballerina's in the making. The use of fun, age appropriate music engages the young dancers' minds and bodies. The dancers learn basic ballet terminology, body alignment, gain flexibility, and increase range of motion and coordination. Developing coordination and promoting self-esteem will be focused on during class.

Instructor: Ciotta 3-4YR OLDS

88371	5:00 pm	Th	MTNV	\$23(R)/\$35(N)	6 wk starts 6/2
88393	9:30 am	Sa	MMRA	\$23(R)/\$35(N)	6 wk starts $7/30$
4-5YR 0	LDS			,	,
88372	6:00 pm	Th	MTNV	\$23(R)/\$35(N)	6 wk starts 6/2
88394	10:30 am	Sa	MMRA	\$23(R)/\$35(N)	6 wk starts 7/30

MESSY ART

(45min) 18-36months & Parent/Caregiver. The name says it all. Prepare to have loads of fun, but don't wear your good clothes. Children will make a different art project each week using mediums such as paint, confetti, play dough and more! \$3 nonrefundable cash supply fee due to instructor on the first day of class. This class is designed for Parent/Caregiver & Child interaction. Only children who are registered for this class may attend. **Instructor: Fit N' Fun Kids Staff** 86094 10:00 am Th CHEY \$41(R)/\$62(N) 5 wk starts 6/2

MIGHTY CHEER 🍣

(45min) Improve coordination and flexibility while learning cheers, chants, jumps, motions, formations and technique. Your child will have fun while learning the basics of cheerleading, spirit dance, and team-building skills. Promoting self esteem and confidence in movement will be focused on in this class.

Instructor: McCune 3-4YR OLDS

88375		M	CHEY MMRA	\$23(R)/\$35(N) \$23(R)/\$35(N)	6 wk starts 6/6 6 wk starts 7/18
5-7YR 0	LDS				
88376	11:00 am	M	CHEY	\$23(R)/\$35(N)	6 wk starts 6/6
88374	4:15 pm	M	MMRA	\$23(R)/\$35(N)	6 wk starts $7/18$

MINI DOODLERS

(45min) 3-5yrs. Our Mini Doodlers gleefully create their own unique masterpieces. Lessons are carefully designed to ignite the imagination, foster creativity and develop new skills. Each lesson provides new experiences with paints, watercolors, pastels and other creative tools and materials. This program is not available for fee assistance. **Instructor: Abrakadoodle**

86095 10:00 am Th RIMO \$99(R)/\$149(N) 7 wk starts 7/21

MOOVIN' AND GROOVIN'



(35min) 18mo - 35mo and Parent/Guardian. Assist parents with introducing their child to the joy of music balancing, yoga, and simple tumbling. With practice, the class will help improve gross motor skills. Our trained instructor guides parents and children through interactive songs, stories, games and dancing that will help nurture children's growth abilities, strength, coordination, and social skills. Prepare your child for an active and healthy lifestyle. **Instructor: Kidtastics Staff**

88367 9:15 am F CACT \$45(R)/\$68(N) 6 wk starts 6/3 88368 9:15 am F HRZN \$45(R)/\$68(N) 6 wk starts 7/29

SOCCER FOR KIDS 🍣

(45min) Classes will introduce children to stretching, passing, dribbling, and basic elements of team spirit. Children will have fun exercising, making new friends and learning basic soccer skills. Children play non-competitive games. This program is not available for fee assistance.

FOR 2-3 YEAR OLDS & PARENT/CAREGIVER-

Must actively participate with child.

Instruct	or: Hatfie	ld	17				
86181	8:00 am	F	MTNV	\$66(R)/\$98(N)	6 wk starts 6/3		
86182	8:00 am	F	MTNV	\$66(R)/\$98(N)	6 wk starts 7/29		
Instructor: Whynot							
86183	7:30 am	Sa	AGLP	\$62(R)/\$93(N)	6 wk starts 6/4		
	,	Sa	AGLP	\$62(R)/\$93(N)	6 wk starts 7/16		
	YEAR OLD						
Instruct	or: Hatfie	ld					
86361	9:00 am	F	MTNV	\$66(R)/\$98(N)	6 wk starts 6/3		
86362	9:00 am	F	MTNV	\$66(R)/\$98(N)	6 wk starts 7/29		
Instruct	or: Whyn	ot					
88132	8:30 am	Sa	AGLP	\$62(R)/\$93(N)	6 wk starts 6/4		
88133	8:30 am	Sa	AGLP	\$62(R)/\$93(N)	6 wk starts 7/16		



Classes that promote a healthy lifestyle

Parent and child class requires adult participation

SPORTS CLASS FOR KIDS 🏖 🎋



(45min) 2-3yrs & Parent/Caregiver. Parents can join their children when they learn the basic skills in several sports - soccer, basketball, field hockey, and T-ball. Additional age appropriate games are also included that will keep the kids moving and laughing. Instructor: Whynot

86198 9:30 am Sa AĞLP \$62(R)/\$93(N) 6 wk starts 6/4 86199 9:30 am Sa \$62(R)/\$93(N) 6 wk starts 7/16AGLP

SPORTBALL JR. ቖ 🕅

(45min) 16mo- 2yrs & Parent/Caregiver. A perfect introduction to Sportball! Children and parents will get the opportunity to participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level. Instructor: Sportball Staff

3:00 pm Sa \$73(R)/\$110(N) 88793 6 wk starts 6/4 HRZN \$73(R)/\$110(N) 88810 10:00 am Tu CHEY 6 wk starts 6/14 \$73(R)/\$110(N) 88809 3:00 pm Sa HRZN 6 wk starts 7/16

(45min) 3-6yrs. Develop competence and confidence on the field in this class focusing on T-Ball. Children are taught the fundamental skills necessary to excel at this fun sport. Classes are dedicated to skills development and putting those skills to work in an exciting, non-competitive game. Children will learn and practice throwing, catching, running bases, batting and more.

Instructor: Sportball Staff

88794	2:00 pm	Sa	HRZN	\$73(R)/\$110(N)	6 wk starts 6/4
88812	11:00 am	Tu	CHEY	\$73(R)/\$110(N)	6 wk starts 6/14
88888	2:00 pm	Sa	HRZN	\$73(R)/\$110(N)	6 wk starts 7/16

TEENY WEENY TOT



(45min) Child & Parent/Caregiver. Tumbling, frog jumps, bunny hops, parachutes, balls, sports drills, games and more! This class will improve coordination while having fun in a positive, non-competitive environment. Parent / Caregiver must actively participate in these classes. Instructor: Fit N' Fun Kids Staff

18MONTHS - 36MONTHS

88366	10:00 am	Tu	MMRA	\$48(R)/\$72(N)	6 wk starts 7/26
24MON	THS – 5YR	S			
88364	11:00 am	Tu	MMRA	\$48(R)/\$72(N)	6 wk starts 5/31
88365	11:00 am	Tu	MMRA	\$48(R)/\$72(N)	6 wk starts $7/26$



TOT BALLET 🍣

(45min) This dance class is about learning to nurture creativity in movement. Developing coordination and promoting self-esteem along with basic positions and terminology are the building blocks of this class.

3-4YR OLDS

Instructor: Martin								
		Th	HRZN	\$31(R)/\$47(N)	7 wk starts 6/2			
Instruct	or: Ciotta							
86237	4:15 pm	Th	HRZN	\$23(R)/\$35(N)	6 wk starts 7/28			
4-5YR OLDS								
Instruct	or: Martiı	1						
		Th	HRZN	\$31(R)/\$47(N)	7 wk starts 6/2			
Instructor: Ciotta								
86236	5:00 nm	Th	HR7N	\$23(R) /\$35(N)	6 wk starts 7/28			

(45min) This dance class is about learning to nurture creativity in movement. Developing coordination and promoting self-esteem along with learning basic positions and terminology are building blocks of this class.

3-4YR OLDS

	Instructor: Martin								
	86238	4:15 pm	Tu	HRZN	\$35(R)/\$53(N)	7 wk starts 5/31			
Instructor: Ciotta									
	86240	4:15 pm	Tu	HRZN	\$23(R)/\$35(N)	6 wk starts 7/26			
	4-5YR OLDS								
	Instruct	or: Ciotta							
	86239	5:00 pm	Tu	HRZN	\$23(R)/\$35(N)	6 wk starts 7/26			
	Instruct	or: Martir	1						
	86241	5:00 pm	Tu	HRZN	\$35(R)/\$53(N)	7 wk starts 5/31			

TUMBLING 🍄

(45min) This class is a great introduction into basic tumbling. Learn the basic tumbling moves like front rolls, cartwheels, donkey kicks, bridges and back rolls. This class is a great way for children to exert some energy in a fun structured environment! Not available for Fee Assistance. **Instructor: NRG Dance**

3-4YR OLDS

86250 3:45 pm Th MMRA \$46(R)/\$69(N) 6 wk starts 7/28 **5-6YR OLDS**

86251 4:45 pm Th MMRA \$46(R)/\$69(N) 6 wk starts 7/28

TWOOSY DOODLERS 🧗

(45min) 20-30months & Parent/Caregiver. Our Twoosy Doodlers use creative materials, including paint, textures, papers, glues, and modeling compounds, that produce giggles along with unique squiggles. Developmentally appropriate lessons help the children acquire new skills while exploring through play. Register under child's name. This class is designed for Parent & Child interaction. Only children who are registered for this class may attend. One registered child per adult. This course is not available for fee assistance.

Instructor: Abrakadoodle

86252 9:00 am Th RIMO \$99(R)/\$149(N) 7 wk starts 7/21

Youth Classes

ART MASTERS DRAWING CLASS

(1hr) 7-13yrs. This class is for students who are interested in developing intermediate art techniques including portraiture, perspective, as well as art history. The lessons take the student beyond our standard elementary lessons but will still follow the same step-by-step Young Rembrandts drawing method to ensure success in their work. Lots to learn but lots of fun as we reproduce some famous or not-so-famous artists work and explore how art comes in all sorts of different forms. This is a 'no mess' class. Paint, clay, pastels, etc. will not be used. All materials provided. This class is not available for fee assistance.

Instructor: Young Rembrandts

85902 5:15 pm W MTNV \$77(R)/\$116(N) 8 wk starts 6/1

CARTOON DRAWING

(1hr) 6-12yrs. All cartoonists are eager to create their own unique cartoon characters. We start the process by drawing silly Young Rembrandts designed characters as students learn to focus on movement and action lines, facial expressions and even sequences that tell jokes (all age appropriate). Our cartoon classes follow the same quality, step-by-step Young Rembrandts drawing method but with the fun of cartooning. We produce lots of drawings in this fast paced class. All materials provided. This class is not available for fee assistance.

Instructor: Young Rembrandts

85959 5:15 pm Tu HRZN \$77(R)/\$116(N) 8 wk starts 6/7



DOODLERS

(1hr) 5-12yrs. Our Doodlers develop new skills and talents while designing unique creations using a variety of wonderful tools and materials. Each lesson introduces techniques and artistic styles. Contemporary and master artists specializing in paint, sculpture, fabric, design and more are featured. Children develop skills and confidence, while having a blast! This program is not available for fee assistance.

Instructor: Abrakadoodle

85985 5:00 pm Th HRZN \$99(R)/\$149(N) 7 wk starts 7/21

ELEMENTARY DRAWING

(1hr) 6-12yrs. Children have fun learning how to draw, the fundamental skill of all visual arts, using our unique Young Rembrandts step-by-step method which enables students to be successful regardless of artistic ability. The results are amazing drawings and skills to express their creativity that will last a lifetime. This is a great class for beginning artists, for those who want to improve their drawing skills and for all who love to draw! Lessons from previous years are not repeated. New and returning students welcome all materials included in the class price. This class is not available for fee assistance. **Instructor: Young Rembrandts**

88112 5:15 pm Th ELSO \$77(R)/\$116(N) 8 wk starts 6/9

GUITAR FOR YOUTH

(45min) 10-14yrs. Get into the beat and have fun playing this popular musical instrument. Participants will learn basic scales, chords, and strumming. We'll explore different types of music and learn to play a variety of songs. Please bring your own guitar, acoustic or electric without an amplifier. Guitars can be rented from music store. **Instructor: Roe**

BEGINNING

86044	5:30 pm	M	CHES	\$55(R)/\$83(N)	10 wk starts 6/6			
86045	5:00 pm	Tu	CHES	\$55(R)/\$83(N)	10 wk starts 6/7			
INTERMEDIATE								
86046	6:30 pm	M	CHES	\$55(R)/\$83(N)	10 wk starts 6/6			

HIP HOP DANCE

(1hr) 6-12yrs. All the latest Hip Hop dance moves to your favorite music. Kids will love the dynamic music and the opportunity to build velveteen while staying fit. Kids will have fun learning a cool Hip Hop routine that will be showcased on the last day. Great for boys and girls. Not available for fee assistance.

Instructor: NRG Dance

86047 4:45 pm Tu CACT \$46(R)/\$69(N) 6 wk starts 7/26

JR. GOLF CAMP @ TPC IN SCOTTSDALE 🍣

(3.5hr, 5 day camp) 7-17yrs. This 5 day camp, taught by the TPC Scottsdale TOUR Academy golf staff, will cover every facet of the game including long game, short game, on course instruction, as well as rules and etiquette. At the TOUR Academy, our focus is making sure each junior golfer is exposed to the fun of the game and that they enjoy their experience. Please wear collared shirts and no denim. These courses are not available for fee assistance. Total class cost includes Instructor Fee and Registration Fee. TPC staff will contact you prior to start date to collect the instructor fee. **Instructor Fee S225.**

88005	8:30 am	M-F	TPC	\$52(R)/\$52(N)	camp starts 7/11
88006	8:30 am	M-F	TPC	\$52(R)/\$52(N)	camp starts 7/18
88007	8:30 am	M-F	TPC	\$52(R)/\$52(N)	camp starts $7/25$

KIDS ON CANVAS

(1hr) 6-12yrs. Kids on Canvas will work with acrylic paints and canvas board, stretched canvas and canvas paper. Each lesson is specially designed to allow kids to explore the techniques and styles of great artists while developing their own unique styles! This class is not available for fee assistance.

Instructor: Abrakadoodle

86071 10:00 am Sa HRZN \$107(R)/\$161(N) 7 wk starts 7/23

SIGN UP EARLY!

CHILDREN'S DANCE CLASSES FILL UP QUICKLY SO DON'T WAIT UNTIL THE LAST MINUTE TO JOIN.

http://Recreation.ScottsdaleAZ.gov





PIANO/KEYBOARDING - LEVEL I

(1hr) 6-12yrs. Your child will learn to play favorite songs in the first few lessons! Whether it's the Jonas brothers or JS Bach, Spongebob or Chopin, Hanna Montana or Mozart, Elements has it covered! Elements gives your child the best chance to have a successful start on the piano keyboard. Elements offers a solid, comprehensive method that teaches note reading, chords, counting and all the basic skills needed to play ALL the music from class. These courses are not available for fee assistance. **Instructor: Elements Music**

86119 9:00 am Sa HRZN \$116(R)/\$174(N) 6 wk starts 6/4

WUSHU KUNG FU

(45min) Chinese Wushu Kung Fu Program offers a fun and exciting way to learn Chinese Kung Fu. Your child will develop a healthy lifestyle of fitness and wellness through dedication and perseverance to this contemporary Chinese Sport. Kung Fu teaches courtesy, focus, respect, goal setting, anger management and safety. Most importantly, your child will gain confidence, learn leadership skills and have FUN! Course emphasizes basic techniques and short forms. A fun and fresh workout designed for all ages. **Instructor: World Martial Arts**

LITTLE DRAGONS 4-7 YRS OLD

LITTLE DRAGONS 4 / TRS OLD								
86268	4:00 pm	M	MMRA	\$69(R)/\$103(N)	6 wk starts 6/6			
86270	4:00 pm	M	MMRA	\$69(R)/\$103(N)	6 wk starts $7/25$			
WUSHU	KUNG FU	6-12	YRS OLD					
86267	4:00 pm	Th	CACT	\$69(R)/\$103(N)	6 wk starts 6/9			
86269	4:00 pm	Th	CACT	\$69(R)/\$103(N)	6 wk starts 7/28			

Tot and Youth Workshops

FUN SPORTS CAMP

(2.5hr) 4-6yrs. This program offers kids a fun filled morning including basic skill development and organized games in several sports - soccer, basketball, hockey, football, baseball - and will also include some of their favorite games like dodge ball, kick ball, agility exercises and more. A bathing suit will be handy for the special 'Cool Off' water games. Plenty of drinks and a healthy treat will be provided each day. Instructor: Whynot

88134 8:30 am M-Th \$99(R)/\$149(N) CHES camp starts 6/6

INTRODUCTION TO ETIQUETTE

Instructor: Mrs. Hancock's Staff. These courses are Co-Ed and materials are always age appropriate. Not available for fee assistance.

KINDER-QUETTE

(1hr) 4-6yrs. Table Etiquette, Proper Grammar, Kindness towards others; the Proper way to interrupt an Adult, Speaking Up! and, Meeting and Greeting are the main focuses in this class. Children will use hands-on activities and role playing to imbue the importance of these life skills. Lots of fun will be had by all and Moms and Dads will be surprised at how quiet the dinner hour can be!

86059 1:00 pm Sa HRZN \$29(R)/\$44(N) workshop on 6/18 \$29(R)/\$44(N) 86057 11:00 am Sa HRZN workshop on 8/20

MANNERS MATTER

(1.5hr) 7-12yrs. Table Etiquette, Proper Grammar, Kindness and Consideration for others, Speaking Up!, Meeting/Greeting and Shyness is addressed in this class. Our Students will use hands-on activities and role playing to imbue the importance of these life skills. Lots of fun will be had by all and, Moms and Dads will be surprised at how lovely the dinner hour can be and how newly well mannered your youngsters are!

86060 2:30 pm Sa \$40(R)/\$60(N) workshop on 6/18 HRZN 86058 12:30 pm Sa HRZN \$40(R)/\$60(N) workshop on 8/20



LEGO ENGINEERING

(1hr) 6-10yrs. Explore the creative world of design and imagination with Legos. This class will challenge your future engineer to build and create. This is a fun-filled class that encourages hands-on tactile learning and promotes team building. Have fun while learning science and math. Join the Leao craze today!

Instructor: Taylor

87896 4:15 pm M-Th HRZN \$41(R)/\$62(N) 2 wk starts 6/6 87898 4:15 pm M-Th HR7N \$41(R)/\$62(N) 2 wk starts 7/18

PARKS AND RECREATION SUMMER CAMPS

Looking for something else for your kids to do this summer? Parks and Recreation Summer Camps offer recreational opportunities for youth that will contribute to their physical, social and mental needs as well as address the developmental needs of the participants. Activity classes include fun & games, arts & crafts, sports & fitness, events, quest speakers and excursions.

For information on what camps still have space available visit: http://www.scottsdaleaz.gov/sports/SummerPgms or call us at 480-312-7957.

